



My NASA Connections

- Prospective study of NASA personnel (?)
- JSC : Scott Smith, Barbara Rice
- Health Sciences Panel for Space Flight
- Astronaut nutrition



Worksite Internet Nutrition Program

(WIN)

- The goal: dietary behavior change
 - Small steps
- Development funded by the California Cancer Research Program
- Developed by Block Dietary Data Systems



How does it work?

- Delivered directly to user's email inbox
- 12 weekly tailored emails
- Confidential

7 vs. 52%



How does it work?

- Initial email
 - Fat and FV screeners → instant results
 - Everyone gets these regardless of whether they decide to sign up
 - Opportunity to sign up, baseline questions
 - Lifestyle questions to determine tailoring



No burden on administrators

- Administrator forwards initial email containing dietary screener
- After the initial email to potential participants, the program is automatic
- Tailoring is achieved by program in response to baseline lifestyle questionnaire



What does it include?

- Dietary screeners with immediate feedback
- Assessment of readiness for change
- Weekly information on diet and health
- Tips and goals tailored to individual lifestyles
- Weekly goal-setting



Guided by scientific principles:

- *Relevance* to the individual
- *Tailored* to user's diet and lifestyle characteristics
- *Social support* through worksite and family
- *Goal-setting* and personal commitment
- *Small steps* promote success, confidence



Relevance

- Through dietary screening to bring direct awareness of where their diet could be improved
- Through tailoring to their own dietary lifestyle

Meats and Snacks	1/MONTH or less	2-3 times a MONTH	1-2 times a WEEK	3-4 times a WEEK	5+ times a WEEK
Hamburgers, ground beef, meat burritos, tacos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef or pork, such as steaks, roasts, ribs, or in sandwiches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried chicken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot dogs, or Polish or Italian sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meats and Snacks	1/MONTH or less	2-3 times a MONTH	1-2 times a WEEK	3-4 times a WEEK	5+ times a WEEK
Cold cuts, lunch meats, ham (not low-fat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon or breakfast sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad dressings (not low-fat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Margarine, butter or mayo on bread or potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Margarine, butter or oil in cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Screeners Results

Dietary Fat

Your diet is very high in fat, probably 40-50% of calories. There is evidence that diets so high in fat may increase your risk of heart disease and certain cancers. Experts recommend that it be less than 30%. Try eating some of your high frequency meats and snacks less often, and fill up on grains, fruits and vegetables.

Look at the foods you eat most often:

- Hot dogs, or Polish or Italian sausage
- Cold cuts, lunch meats, ham (not low-fat)
- Salad dressings (not low-fat)
- Margarine, butter or mayo on bread or potatoes
- Margarine, butter or oil in cooking
- Cheese, cheese spread (not low-fat)
- Corn chips, potato chips, popcorn, crackers
- Doughnuts, pastries, cake, cookies (not low-fat)

You don't have to give up your favorites completely, just eat them less often or in smaller portions.



Tailored

- To lifestyle characteristics that constrain behavior
 - Eat out a lot, vs. eat home a lot
 - Person does cooking, vs. someone else
 - Kids at home, vs. not



Social Support

- At worksite, talking with colleagues
- At home: family members encouraged to sign up



Components of each weekly message

- Did you know...
- Health notes
- Links
- Tips (tailored)
- Goal-setting (tailored)

BERKELEY NUTRITION SERVICES



Did you know . . .

If you trim just 1 tablespoon of fat such as oil, real mayonnaise or butter from your diet every day, you would lose over 10 pounds in a year!

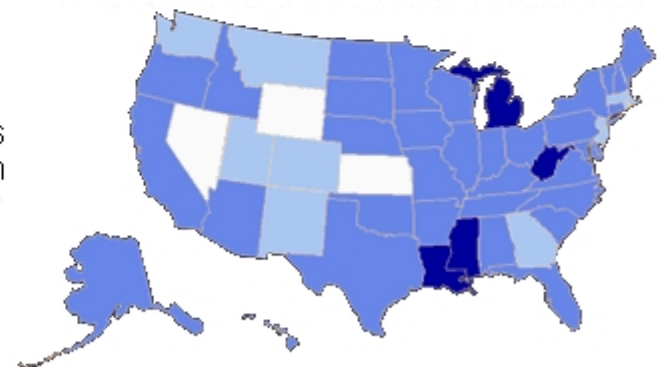
And America needs that weight reduction. Since 1985, we've seen an "obesity epidemic" sweep across America, becoming a major threat to our national health. The [Centers for Disease Control](#) surveys the nation's health every year with their Behavioral Risk Factors Surveillance System (BRFSS). The image at the right shows the increase in obesity rates, by state, between the years 1991 and 1998.

Health notes . . .

Change-of-pace week. Let's step back and remind ourselves why we're doing this, and review what we've learned. You joined this program in order to improve your nutrition, your health and how you feel - either by eating more fruits and vegetables, or eating less fat. So please take a minute and think about how you've done.

Prevalence of Obesity* Among U.S. Adults BRFSS, 1991

(*Approximately 30 pounds overweight)



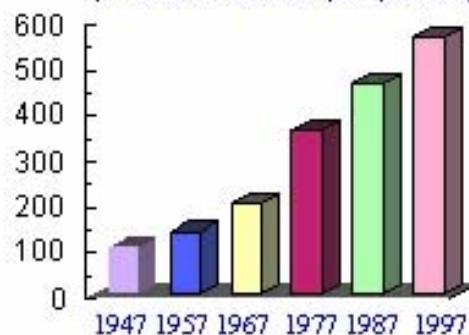
< 10% 10% to 15% > 15% N/A



Did you know . . .

...Regular soft drinks are the #1 source of calories in the U.S. diet today.

Annual Soft drink production in the U.S.
(# 12-ounce cans per person)



The next five top sources of calories, for U.S. adults:

- #2: Sweets like cakes, doughnuts, pastries
- #3: White bread
- #4: Pizza
- #5: Hamburgers, cheeseburgers
- #6: Beer

Health notes

Health notes . . .

We'll make it brief this week, but here's some news about healthy babies.

Folic Acid reduces the likelihood of birth defects. You have probably heard about the B vitamin, folic acid, also known as folate and folacin. Due to overwhelming evidence that folic acid prevents neural tube defects such as Spina Bifida, the Federal Government has recommended that everyone who could become pregnant should get 400 micrograms every day. It is important to get it all the time, because it has its benefit well before most people even know they are pregnant.

To make it easier, in 1998 the government mandated that manufacturers of grain and cereal products fortify their foods with folic acid. While the most commonly eaten *natural* sources of folate are orange juice, dried beans and green leafy vegetables such as spinach, due to fortification the most concentrated sources (and the most bioavailable --

A few good sources of folate	Serving size	Micrograms Folate/Folic Acid
Super fortified breakfast cereal	½-1 cup	400
Breakfast cereal, enriched	½-1 cup	100
Pasta, rice, enriched, cooked	1 cup	80-90
Beef liver, cooked	3 oz.	185
Beans like lentils, black beans	½ cup	115-180
Spinach, cooked	½ cup	100
Strawberries	8 medium	80



WHERE CAN I LEARN MORE?

[National Cancer Institute](#)
[American Dietetic Association](#)

[Learn more...](#)

[What is cancer?](#)

[Contact the experts](#)

[What kinds of research studies have shown the health benefits of fruits and vegetables?](#)

[How can I possibly eat 5-7 servings of fruits and vegetables???](#)



Tips & ideas

Tips and ideas . . .

Eat different kinds of vegetables and fruits each day. Each vegetable or fruit has its own unique package of disease-preventing nutrients and plant compounds. Variety is the spice of life!

Always keep a variety of frozen and canned fruits and vegetables readily available.

Here's an easy way to add more vegetables to your dinner. Just double up! If you usually take one scoop of mashed potatoes, take two. Instead of just one spoonful of peas, have a second. It doesn't get easier than this!

If you or your family members don't like fruits and vegetables, try this. Everyone likes SOME fruits or vegetables. Hold a family meeting, and make a list of the ones everyone likes. Serve yourself and your family more of what they already like.



Lifestyle tailoring: Eat out a lot

- “Trying to reduce your fat in a chicken restaurant? Chicken breast can be a low-fat choice, if you don’t eat the skin. The dark meat of the chicken is higher in fat than the white meat. Chicken wings are high in fat because they are mostly skin and fried breading. Most chicken nuggets are high in fat, because they are deep fat fried and use the fattier parts of the chicken.”



Tips & ideas

Tips and ideas . . .

If you eat a lot of margarine or butter, try these ideas: Use half the amount you usually use – spread it thin. Use soft tub margarine or liquid margarine – it has less of the "bad" fat. Use jam or jelly on toast instead of margarine or butter. Use fat-free salad dressing or salsa on baked potatoes instead of margarine or butter. Instead of butter, add low fat sour cream or buttermilk to mashed potatoes. Delicious!

It's hard for you to eat lowfat, when your family doesn't want to. Here are some ideas. When you go shopping, let your kids pick out one new low-fat food to try. They may find they like some of them like graham crackers, angelfood cake, nonfat yogurt, lowfat saltines or other crackers, soft pretzels. Your kids may want to get involved when you try out new recipes.

Trying to reduce your fat in a chicken restaurant? Chicken breast can be a low-fat choice, if you don't eat the skin. The dark meat of the chicken is higher in fat than the white meat. Consider a white meat choice. Stay away from the "extra batter" choices. Chicken wings are high in fat because they are mostly skin and fried breading. Most chicken nuggets are high in fat, because they are deep fat fried and use the fattier parts of the chicken.

Soups are great fillers and can be healthy and lowfat. If you use canned soups, use lowfat milk to reconstitute, rather than whole milk. Check the label on the cans and go for those which are lower fat. Go for broth-based, milk-based and tomato based soups.

Lifestyle tailoring:

Kids at home

- “It’s hard for you to eat low-fat, when your family doesn’t want to. Here are some ideas. When you go shopping, let your kids pick out one new low-fat food to try. They may find they like some of them, like graham crackers, angelfood cake, nonfat yogurt, lowfat saltines, soft pretzels. Your kids may want to get involved when you try out new recipes.”



Small Steps to Try for One Week

- I will have one more vegetable with dinner every day this week
- I will buy bananas to have on my cereal or pancakes this week
- I will buy fruit juice and have a glass with breakfast three days this week
- I will have a piece of fruit for a snack three days this week



Small-step goals to choose

Please choose one or two of the following goals to pursue next week:

We didn't hear from you last week, so please choose one or two new steps for this week.

- ☐ I will try to eat one new fruit and one new vegetable this week (different from what I usually eat).
- ☐ I will buy a variety of canned and frozen fruit to have on hand and eat one more serving of fruit on 3 days this week.
- ☐ I will increase my vegetables 3 days this week by just "doubling up".
- ☐ I will hold a family meeting this week to identify fruits and vegetables to add to the week's menus.



Opportunity for full diet questionnaire

- Not required – an option
- Free as part of the program

Full Diet Questionnaire


RESPONDENT ID NUMBER

00	00	00	00	00	00	00	00	00	00
00	00	00	00	00	00	00	00	00	00

TODAY'S DATE

Jan	DAY	YEAR
Feb		
Mar	00	1998
Apr	00	1999
May	00	2000
Jun	00	2001
Jul	00	2002
Aug	00	2003
Sep	00	2004
Oct	00	2005
Nov	00	2006
Dec	00	2007

FOOD QUESTIONNAIRE



This form is about the foods you usually eat. It will take about 30 - 40 minutes to complete.

- Please answer each question as best you can. Estimate if you aren't sure.
- Use only a No. 2 pencil.
- Fill in the circles completely, and erase completely if you make any changes.

Please print your name in this box.

SEX

☐ Male

☐ Female

AGE

00	00	00	00	00	00	00	00	00	00
00	00	00	00	00	00	00	00	00	00

WEIGHT
pounds

00	00	00	00	00	00	00	00	00	00
00	00	00	00	00	00	00	00	00	00

HEIGHT
ft. in.

00	00	00	00	00	00	00	00	00	00
00	00	00	00	00	00	00	00	00	00

If female, are you pregnant or breast feeding?

☐ No

☐ Yes

☐ Not female

First, a few general questions about what you ate.	AVERAGE USE IN THE PAST 4 WEEKS								
	LESS THAN ONCE per WEEK	1-2 per WEEK	3-4 per WEEK	5-6 per WEEK	1 per DAY	1 1/2 per DAY	2 per DAY	3 per DAY	4+ per DAY
About how many servings of vegetables did you eat, per day or per week, not counting salad or potatoes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
About how many servings of fruit did you eat, not counting juices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you eat cold cereal?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you use fat or oil in cooking?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What kinds of fat or oil did you usually use in cooking? MARK ONLY ONE OR TWO

☐ Don't know, or Pam

☐ Stick margarine

☐ Soft tub margarine

☐ Butter

☐ Butter/margarine blend

☐ Low-fat margarine


☐ Corn oil, vegetable oil

☐ Olive oil or canola oil

☐ Lard, fatback, bacon fat

☐ Crisco

PLEASE DO NOT WRITE IN THIS AREA



Block 99.3-MONTH 6-1008 BDDS, Phone (510) 794-8514 www.nutritionquest.com

- Nutrient data**

Macronutrients

Micronutrients

Antioxidants

Carotenoids

Phytoestrogens

- Individualized computer-generated dietary advice**

BLOCK FOOD FREQUENCY QUESTIONNAIRES


RESPONDENT ID NUMBER

00	00	00	00	00	00	00	00	00	00
----	----	----	----	----	----	----	----	----	----

TODAY'S DATE

Jan	DAY	YEAR
Feb		
Mar		1998
Apr		1999
May		2000
Jun		2001
Jul		2002
Aug		2003
Sep		2004
Oct		2005
Nov		2006
Dec		2007

FOOD QUESTIONNAIRE



This form is about the foods you usually eat. It will take about 30 - 40 minutes to complete.

- Please answer each question as best you can. Estimate if you aren't sure.
- Use only a No. 2 pencil.
- Fill in the circles completely, and erase completely if you make any changes.

Please print your name in this box.

SEX

☐ Male

☐ Female

AGE

00	00
01	01
02	02
03	03
04	04
05	05
06	06
07	07
08	08
09	09
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34
35	35
36	36
37	37
38	38
39	39
40	40
41	41
42	42
43	43
44	44
45	45
46	46
47	47
48	48
49	49
50	50
51	51
52	52
53	53
54	54
55	55
56	56
57	57
58	58
59	59
60	60
61	61
62	62
63	63
64	64
65	65
66	66
67	67
68	68
69	69
70	70
71	71
72	72
73	73
74	74
75	75
76	76
77	77
78	78
79	79
80	80
81	81
82	82
83	83
84	84
85	85
86	86
87	87
88	88
89	89
90	90
91	91
92	92
93	93
94	94
95	95
96	96
97	97
98	98
99	99

WEIGHT

pounds

00	00
01	01
02	02
03	03
04	04
05	05
06	06
07	07
08	08
09	09
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34
35	35
36	36
37	37
38	38
39	39
40	40
41	41
42	42
43	43
44	44
45	45
46	46
47	47
48	48
49	49
50	50
51	51
52	52
53	53
54	54
55	55
56	56
57	57
58	58
59	59
60	60
61	61
62	62
63	63
64	64
65	65
66	66
67	67
68	68
69	69
70	70
71	71
72	72
73	73
74	74
75	75
76	76
77	77
78	78
79	79
80	80
81	81
82	82
83	83
84	84
85	85
86	86
87	87
88	88
89	89
90	90
91	91
92	92
93	93
94	94
95	95
96	96
97	97
98	98
99	99

HEIGHT

ft. in.

00	00
01	01
02	02
03	03
04	04
05	05
06	06
07	07
08	08
09	09
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31
32	32
33	33
34	34
35	35
36	36
37	37
38	38
39	39
40	40
41	41
42	42
43	43
44	44
45	45
46	46
47	47
48	48
49	49
50	50
51	51
52	52
53	53
54	54
55	55
56	56
57	57
58	58
59	59
60	60
61	61
62	62
63	63
64	64
65	65
66	66
67	67
68	68
69	69
70	70
71	71
72	72
73	73
74	74
75	75
76	76
77	77
78	78
79	79
80	80
81	81
82	82
83	83
84	84
85	85
86	86
87	87
88	88
89	89
90	90
91	91
92	92
93	93
94	94
95	95
96	96
97	97
98	98
99	99

If female, are you pregnant or breast feeding?

☐ No

☐ Yes

☐ Not female

First, a few general questions about what you ate.	AVERAGE USE IN THE PAST 4 WEEKS								
	LESS THAN ONCE per WEEK	1-2 per WEEK	3-4 per WEEK	5-6 per WEEK	1 per DAY	1 1/2 per DAY	2 per DAY	3 per DAY	4+ per DAY
About how many servings of vegetables did you eat, per day or per week, not counting salad or potatoes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
About how many servings of fruit did you eat, not counting juices?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you eat cold cereal?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often did you use fat or oil in cooking?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What kinds of fat or oil did you usually use in cooking? MARK ONLY ONE OR TWO

☐ Don't know, or Pam

☐ Stick margarine

☐ Soft tub margarine

☐ Butter

☐ Butter/margarine blend

☐ Low-fat margarine

☐ Corn oil, vegetable oil

☐ Olive oil or canola oil

☐ Lard, fatback, bacon fat

☐ Crisco

PLEASE DO NOT WRITE IN THIS AREA

Block 99.3 MONTH 6 1008 BDDS, Phone (510) 794-8514 www.nutritionquest.com

- *Full, Brief, screeners*
- *Adults, Kids*
- *Physical activity*
- *Online*
- *PC standalone*
- *Paper and pencil*



Where was it piloted?

- California corporate worksite
- 84 signed up (about 40% of those to whom it was offered)
- 73% female
- 41% children at home
- 54% budget-conscious regarding food
- Families were invited to participate



Publication

- Block et al.
 - CDC Journal, Preventing Chronic Disease
 - Oct, 2004
 - www.cdc.gov/pcd/issues/2004/oct/04_0034.htm



Results: Satisfaction, Usability

- 83% read at least half the emails
- 70% said they learned something new
- 83% tried to make dietary changes
- 83% would recommend the program
 - Among the budget-conscious, 100%
 - Among men, 100% would recommend
- 57% talked with someone at home about improving their diets



Results: Stage of Change Dietary Fat

- Among those not already at the top, 65% had upward movement in Stage of Change
 - $p < 0.0001$
- $p < 0.001$ even when non-respondents are set to zero change



Results: Stage of Change Fruits and Vegetables

- Among those not already at the top, 74% had upward movement in Stage of Change
 - $p=0.003$
- $p<0.01$ even when non-respondents are set to zero change



Results:

Decrease in Fat Intake

- Among Respondents to Evaluation:
 - -0.39 times per day
 - $p < 0.0001$
- Among all original participants:
 - Set non-respondents to zero change:
 - -0.22 times/day
 - $p = 0.013$

Results:

Increase in Fruits and Vegetables

- Among Respondents to Evaluation:
 - +0.73 times per day
 - $p < 0.001$

- Among all original participants:
 - Set non-respondents to zero change:
 - +0.37 times/day
 - $p = 0.002$



Limitations

- Not a randomized, placebo-controlled clinical trial
 - One now in design
- Imperfect dietary assessment



Summary

- Appears to be effective
- Cost-effective
- Can reach employees, families, HMO clients

www.nutritionquest.com

- 
-
- Thank you.

Brief Dietary Screening Tools

Berkeley Nutrition Services

Fat Screener

Your Name (optional):

Age:

Sex: ☐ Male ☒ Female

Think about your eating habits over the past year or so. About how often do you eat each of the following foods? Remember breakfast, lunch, dinner, snacks and eating out. Check one radio button for each food.

Meats and Snacks	1/MONTH or less	2-3 times a MONTH	1-2 times a WEEK	3-4 times a WEEK	5+ times a WEEK
Hamburgers, ground beef, meat burritos, tacos	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beef or pork, such as steaks, roasts, ribs, or in sandwiches	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fried chicken	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hot dogs, or Polish or Italian sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Cold cuts, lunch meats, ham (no: low-fat)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon or breakfast sausage	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Salad dressings (not low-fat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Margarine, butter or mayo on bread or potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Margarine, butter or oil in cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Eggs (no: Egg Beaters or just egg whites)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Pizza	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese, cheese spread (not low-fat)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whole milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
French fries, fried potatoes	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn chips, potato chips, popcorn, crackers	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doughnuts, pastries, cake, cookies (not low-fat)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ice cream (not sherbet or non-fat)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

- ***Fat intake***
- ***Fruit / vegetable / fiber***
- ***Soy foods***
- ***Folate / DFE***
- ***Calcium / Vitamin D***
- ***COMPLETED IN 5 MINUTES***
- ***VALIDATED***